



NOURISHED MOM & BABY
@FAITH & HOPE WELLNESS

BUILDING HEALTHY HABITS

Habit #1: Eat a nutritious breakfast

What are 2 nutrient dense foods you can add to
breakfast?

1. _____
2. _____

HABIT #2: FIND A GOOD PRENATAL VITAMIN

WHERE CAN YOU PUT IT REMEMBER TO TAKE IT
DAILY?



Building healthy habits prior to pregnancy can help you
conceive a healthy baby and have less pregnancy symptoms.